

# Live healthy life, avoid heart problems

MAJ. CHERYL Y. CAPERS

WBAMC  
Cardiovascular disease is the No. 1 killer of Americans, and has been since the 1900s. Approximately 2,500 Americans die of CVD each day, with one death every 35 seconds. CVD claims more lives than cancer, chronic lower respiratory diseases, accidents and diabetes mellitus combined. The most common cardiovascular conditions are high blood pressure, coronary heart disease, stroke and heart failure.

There are many symptoms of CVD. A heart attack, stroke and cardiac arrest are life-threatening conditions, and actions following symptoms need to be swift. You should only drive yourself to the nearest emergency room if you have no other option available. Many lifesaving treatments need to happen quickly for a good outcome. Emergency medical service personnel are equipped to start lifesaving treatment on site. They are your best recommendation for a positive outcome.

If you experience any of the following symptoms of a heart attack, call 911 immediately. Chest pain and discomfort are the most common symptoms. Usually this pain is in the center of the chest and lasts a few minutes. It can feel like pressure, squeezing, fullness or pain. You may also experience pain or discomfort in other areas of your upper body to include your arms, back, neck, jaw or stomach. You may experience shortness of the breath or difficulty catching your breath. Shortness of breath may occur with or without chest pain. Other signs include breaking out in a cold sweat, nausea or lightheadedness.

Symptoms of a stroke include sudden numbness or weakness in the face, arm or leg – especially on one side of the body – sudden confusion, trouble speaking or understanding, sudden trouble seeing in one or both eyes, sudden trouble walking, dizziness, loss of balance or coordination, and sudden, severe headache with no known cause. Again, calling EMS is critical. Clot-busting medication will need to be given immediately to reduce debilitating long-term disability. Stroke remains the No. 3 killer of Americans.

Cardiac arrest can happen suddenly, with no warning signs or symptoms. Symptoms of cardiac arrest include sudden loss of responsiveness, irregular breathing and a loss of signs of circulation.

Here are some ways you can lower your risk for CVD and not only improve your quality of life, but live longer. If you smoke, quit. Know your total cholesterol number and reduce your cholesterol if needed.

**Total cholesterol**

Less than 200 milligrams per deciliter is ideal. You should keep your low-density lipoprotein cholesterol equal to or less than 100mg/dL, high-density lipoprotein cholesterol above 40mg/dL and triglycerides well below 150mg/dL. Eating healthy, to include at least seven servings of fruits and vegetables per day, and decreasing intake of high-fat foods is an important start to lowering your cholesterol. Talk with your medical provider if you have not had a lipid panel in five years. Periodically check your blood pressure. Your blood pressure should be less than 120/80 mm/Hg.

High blood pressure is the single largest risk factor for stroke. Your goal should be to exercise at least 30 minutes every day. Varying your activity and including friends and family may help to motivate you and decrease boredom.

Check your weight. Obesity in America is at epidemic proportions. Obesity increases your risk for high cholesterol, high blood pressure and Diabetes type 2. If you have diabetes, learn how to manage it. People with diabetes are two to four times more likely to develop CVD.

Exercise is an excellent way to reduce stress. People under stress may overeat,

start smoking, have difficulty quitting or even smoke more. Limit your alcohol intake. Drinking too much can raise your blood pressure and cause heart failure and lead to stroke. It can also contribute to elevated triglycerides levels, irregular heartbeats, obesity, alcoholism, liver disease, suicide, accidents and affect cancer and other diseases. On average, you

should not have more than one drink per day for women and two drinks per day for men.

Billions of dollars are spent annually on direct and indirect care for CVD. Make a lifestyle change that includes healthy decisions to improving your health. It's never too late to make a fresh start. Make it a family affair.

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*Off Duty is a compilation of military-affiliated information and events focused for the Soldier, their family members and veterans. Information should be 100 words or less and contain no editorializing. An informational brief that is not time specific will not run for more than 30 days. All submissions are due no later than Friday for publication in the following week's paper.*

## Valentine's Day contest

The Monitor is looking for the most romantic phrases personnel from Team Bliss would like to say to their loved ones. The top five phrases will appear in The Monitor along with the winners' photos. No clichés! Deadline is today.

The Monitor is also having a contest for the most romantic story. Please limit the entry to no more than 500 words. The top three stories will be published in The Monitor Thursday and the first-place winner will get a \$25 gift certificate from Steak and Ale restaurant.

A six-judge panel will select the winners. Send your romantic phrases and stories to virginia.reza@us.army.mil.

For more information, call 568-6374.

## Awards class

A class will be held today from 5:30 to 7:30 p.m. at ACS and will discuss information on awards available to recognize volunteers, as well as skills to write a justification for nominations worthy of recognition. For more information or to sing up, call 568-1132.

## DIMHRS

The Defense Integrated Military Human Resource System goes online Oct. 1. There will be a town hall meeting today from 2:30 to 3:30 p.m. at Sage Hall. DIMHRS will provide each servicemember with a single, comprehensive record of service featuring a self-service capability that will allow them to update portions of their personal information. Personnel records will be available to human resource professionals, combatant commanders, personnel and pay managers and other authorized users throughout the Army 24 hours a day.

From 1 to 2 p.m. there will be a change-network session for sponsors from G1 and AG at Sage Hall.

There will be a DIMHRS executive overview today from 9 to 11:30 a.m. at Sage Hall.

## Improv comedy contest

Help MWR win a \$5,000 comedy show just by visiting [www.ArmyMWR.com](http://www.ArmyMWR.com) and looking for the "Should You Have Been in Vince Vaughn's Latest Movie?" promotion. Find the topic of the day on the movie promo page and enter your joke or humorous comment. One winner will be selected each day to receive a Flip video camera. The contest ends Friday.

## Biggest Loser competition

Biggest Loser begins its new season Friday. To join the Biggest Loser program, visit Stout Gym, pick up a packet at the juice bar and pay the \$300 fee. The fee covers a pedometer, water bottle, a *Six Weeks to Weight and Training Success* book, a grocery list, meal plans, diet tips, giveaways throughout the program and, most importantly, personal training sessions, which can average from \$25 per hour and up in the community. Winners will receive a package of goodies and the satisfaction of looking good.

## Women's Club

The Women's Club of El Paso is hosting a card and game party Saturday at 1460 N. Mesa St. from 10 a.m. to 3:30 p.m. The \$25 fee includes a continental breakfast, buffet lunch and a raffle ticket for an egg pendant from Russia. For more information, call 591-6445.


# 111111

## WOUNDED WARRIOR PASS

Medical Hold Personnel

Name: \_\_\_\_\_
Date of Issuance: \_\_\_\_\_

## Wounded warrior discounts

MWR offers a "Wounded Warrior Card" to individuals who are entitled for the following discounts: free games of bowling and shoe rental at the Bowling Center; free club rental, cart rental and green fees at the Underwood Golf Complex; and free usage of park facilities and free equipment rental at park facilities.



## WOUNDED WARRIOR

### GUEST PASS

Medical Hold Personnel

Name: \_\_\_\_\_
Date of Issuance: \_\_\_\_\_

## Waiting Families

Those with spouses on an unaccompanied tour for one year or more can join the Fort Bliss Waiting Spouses and Children Group. They provide resources to help cope with the separation and maintain your long-distance relationship. You'll learn relaxation methods and share experiences with others who are coping with the same challenges. Child care is free for all children registered with Youth Services. The Fort Bliss Waiting Families will sponsor free bowling Saturday from 6 to 9 p.m. at the Fort Bliss Bowling Center. For more information or to reserve your spot, please call ACS at 568-1132.

## Consumer Awareness Fair

ACS will host a Consumer Awareness Fair Tuesday from 1 to 3 p.m. at ACS, Bldg. 2494. Attendees will learn how to be informed consumers and steps one can take to complain effectively. Child care is available, but patrons must call CDC at 568-5689. For more information, contact Shalita Moore at 568-7088.

## Valentine's Day dinner

Treat a loved one to a romantic night Thursday at the historic Officers' Club for an intimate evening dinner. The menu includes a salad with arugula, parmesan-crusted tenderloin with grilled shrimp, grilled asparagus, garlic mashed potatoes, dinner roll, feta cheese with fresh fruit and dessert served with wine. The price for club members is \$25 per person, \$30 for non-members. For more information and reservations, call 568-7013.

## Youth fishing tournament

Fort Bliss CYS and the Ascarate Fishing Club will conduct a free youth trout fishing tournament from 8 a.m. to noon Feb. 16 at Ascarate Lake. The tournament will be open to the El Paso and Fort Bliss communities. CYS will host a cookout and award presentation afterward. Bait and a limited number of rods will be available to borrow with a photo ID as collateral. Park admission is \$1 per car. Catch-and-release policies will be enforced with participants. On-site registration will begin at 7:30 a.m. at the Ascarate Fishing Club pavilion. Bus rides are available to military ID cardholders. For additional information, call 568-0834 or to download a map of the lake, visit [www.blissmwr.com/SAS](http://www.blissmwr.com/SAS).

## Auto crafts

Auto Crafts will be extending its operating hours due to an increased demand. Beginning Feb. 17, the shop will be open Sunday from 10 a.m. to 5 p.m.

## ROW meeting

The ROW club meets monthly at the O'Club every third Tuesday at noon.

Memberships are available for \$10 annually. The next meeting is Feb. 19 in honor of past club presidents. For more information, contact Regina Meigel at 755-9694 or e-mail [rgmeigel@aol.com](mailto:rgmeigel@aol.com).

## Filipino American Association

The Filipino American Association of El Paso is hosting its annual Mrs. Philippines-El Paso Coronation at 6:30 p.m. Feb. 23 at the Centennial Club. Formal attire is requested. For more information, call Socorro Montague at 630-5104 or Dawn Lubas Thompson at 549-9659.

## Black History Month play

In celebration of Black History Month, Maestro Phillip Gabriel Garcia, EPYSO, and Vista Hills Rotary present *Held in Trust*, a one-man, one-act play about the first African-American U.S. Army officer, performed by George Snead, local artist, actor and commissioner on the Arts for the State of Texas. Jazz musician Billy Towns will be performing before the show and again after the play while patrons enjoy appetizers and refreshments in the atrium. This one-time performance is at 7 p.m. Feb. 29 at the Ysleta Independent School District Cultural Arts Theater, located at 9600 Sims. Tickets are \$20. Proceeds go to local charity. For more information, call 820-2952 or e-mail Maestro@epyso.com.

## Spring bazaar

The Fort Bliss Officer, Civilian and Spouse Association will have their Annual Spring Craft Bazaar March 1 and 2 at Stout Gym.

The bazaar will be open from 9 a.m. to 5 p.m. March 1 and continue from 11 a.m. to 5 p.m. March 2. Admission is \$2 for adults and \$1 for children ages 10 to 16. Children younger than 10 are free. The bazaar, a Fort Bliss OCSA event for the past 20 years, features artisans, handcrafted crafts, antiques, quilts, jewelry and food. Profits from the bazaar go to community programs and scholarships. This event is open to the public. For more information, call 630-9309.

## Volunteer Appreciation Week

Volunteer Appreciation Week is from April 27 through May 3. Please assist in identifying outstanding Fort Bliss volunteers by submitting nomination packets no later than March 14. Packets can be downloaded at [www.blissmwr.com/volunteer/2008\\_volunteer\\_nomination.pdf](http://www.blissmwr.com/volunteer/2008_volunteer_nomination.pdf). For more information, contact Tephane Hopper at 568-1132.

## Team Bliss scholarships

Applications are now available for 2008 Team Bliss Merit Scholarships. Spouses and children of active-duty or retired enlisted servicemembers of any

rank may apply. Applicants must be planning to enroll, or be enrolled, in a two-year college (resident or online), four-year college or university (resident or online), or vocational school and have a minimum GPA of 2.5. The postmark deadline for completed applications is March 15. For a copy of the application and instructions, e-mail [blisssscholarships@yahoo.com](mailto:blisssscholarships@yahoo.com) or for more information, call 261-7599.

## FRG fundraiser

Family Readiness Groups have an opportunity to raise money for their units by bringing a wide range of food, games, crafts and other booths to this year's Eggstravaganza. The event will be held at Biggs Park March 15 from 11 a.m. until 3 p.m. To sign up and for more information, contact Lora Diem at 588-8247.

## MADD walk

Mothers Against Drunk Drivers is sponsoring a walk to create safer roads and safer communities March 22 at Noel Field. The ceremony begins at 7:30 a.m., followed by the walk at 8 a.m. The walk supports local communities' efforts to stop drunken driving, support victims and prevent underage drinking by engaging employees and their families in a fun and healthy activity. Anyone older than 14 may volunteer. For more information, visit [www.stridesforchange.com](http://www.stridesforchange.com) or call 779-1987.

## Bataan memorial march

Register for the Bataan Memorial Death March, scheduled for March 30 at White Sands Missile Range, N.M. The march is conducted to honor the heroic servicemembers who defended the Philippine Islands during World War II, sacrificing their freedom, health and – for many – their lives. Choose between two routes: a 26.2-mile competition marathon and a commemorative 15.2-mile route. Registration is \$50 per individual and \$200 per five-man team. For more information, call 568-1132.

## STAYTON MOVIE THEATER

- Feb. 7 National Treasure: Book of Secrets (PG) 7 p.m.
- Feb. 8 The Water Horse: Legend of the Deep (PG) 7 p.m.
- Feb. 8 One Missed Call (PG-13) 9:30 p.m.
- Feb. 9 The Water Horse: Legend of the Deep (PG) 2 p.m.
- Feb. 9 Alvin and the Chipmunks (PG) 4:30 p.m.
- Feb. 9 American Gangster (R) 7 p.m.
- Feb. 10 The Water Horse: Legend of the Deep (PG) 4 p.m.
- Feb. 10 One Missed Call (PG-13) 9:20 p.m.





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mation and to register, visit [www.bataan-march.com](http://www.bataan-march.com).

**MOAA scholarships**

The El Paso Chapter, Military Officers Association of America, announces the MOAA 2008-2009 scholarship, grant and interest-free loan programs. Eligibility requirements for scholarships and grants are at [www.moaa.org/education](http://www.moaa.org/education). Interest-free loans are available for students younger than 24 who are children of MOAA members (former, active, retired and Reserve or National Guard officers), and children of active-duty, Reserve, National Guard or retired enlisted military personnel. Online applications are available through March 1. Applicants must have a 3.0 grade point average and be planning to attend an accredited college or university as a full-time student. For information, call (800) 234-6622.

**SMA scholarships**

The El Paso Sergeants Major Association is now taking applications for 2008 scholarship grants. Applicants must be graduating high school seniors from the El Paso area who hold a B average or above and are family members of active-duty or retired noncommissioned officers.

Students who wish to apply need to send a No. 10-size self-addressed, stamped envelope to:

El Paso Sergeants Major Association,  
Attn: Scholarship Committee  
P.O. Box 6050  
Fort Bliss, TX 79906-0050.

Application forms and a letter detailing requirements will be sent to the applicant. Applications must be postmarked no later than April 30.

**Best Sapper competition**

The fourth annual Best Sapper Competition, sponsored by the U.S. Army Engineer School's Sapper Leader Course, will be held May 6 through 8 at Fort Leonard Wood, Mo. Registration for the competition is underway and is open to all Soldiers serving in the 21-series career field. The competition, organized in two-man buddy teams, is designed to test the knowledge, physical ability and mental strength of Engineer Soldiers throughout the regiment. For 52 hours, teams will compete in several grueling events, which involve demolitions, mountaineering, U.S. and threat weapons and land navigation. For more information, contact the Fort Leonard Wood Public Affairs Office at (573) 563-6212, or to register, visit [www.wood.army.mil/sapper/](http://www.wood.army.mil/sapper/).

**Framing classes**

Framing Bliss offers framing classes every other Saturday from 8:45 a.m. to 2:30 p.m. The cost is \$30 per person and

includes a picture, materials and instructions. The next class is Feb. 16. Interested patrons must sign up two days prior to the class. For more information or to sign up, stop by Framing Bliss, Bldg. 820, or call 568-5563.

**Lifeguard training**

This training teaches lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies as a professional lifeguard. Certification includes CPR/AED for the professional rescuer, lifeguard training and first aid. Optional training is available for bloodborne pathogens, oxygen administration or as a shallow water guard. Participants must be at least 15 years old and must demonstrate specific swimming and strength capabilities. Classes are as follows:

Section 1015: March 24 through March 28 from 9 a.m. to 6 p.m.

Section 1017: April 4 through April 13 from 9 a.m. to 7 p.m.

Section 1018: May 2 through May 11 from 9 a.m. to 7 p.m.

Section 1019: June 3 through June from 8 a.m. to 6 p.m.

The cost is \$125, paid to the Red Cross, and an additional \$40 pool fee. Interested individuals must register at the Red Cross, 3620 Admiral St., or by calling 592-0208.

For more information, call Edward Wiles at 568-7431 or 568-5380 or visit [www.blissmwr.com](http://www.blissmwr.com).

**AUSA grants**

The Omar N. Bradley Chapter of the Association of the U.S. Army is offering five \$1,000 academic grants to qualified applicants. Grants are open to all active-duty and Reserve Soldiers as well as their dependent spouses and children. Applicants must be more-than-part-time students or have been accepted by an accredited two- or four-year college, university or technical school. Application packets must be mailed by June 13. For more information, call Frederick Jones at 569-5759 or 238-4749.

**Warrior Adventure Quest**

Fort Bliss' MWR Outdoor Recreation will be implementing the Warrior Adventure Quest Program. WAQ is an Army outdoor recreation program that provides adventure activity skill instruction for Soldiers returning from deployment. The WAQ introduces or enhances lifetime leisure skills while serving as a deterrent to destructive conduct. Family member participation is welcome. Adventure programs include paintball, scuba diving, mountain biking, whitewater rafting and rock climbing. For more information, look for updated MWR cal-



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**Marta Greenwood, C.S.B.,**  
of London, England


International Speaker on World Peace  
Member of the Christian Science Board of Lectureship

*“Safety and Comfort – The Power of Prayer to Disarm Terrorism Using The 23rd Psalm”*

**Sunday, February 17, 2008**  
**3:00 p.m.**

**Holiday Inn – Sunland Park**  
900 Sunland Park Drive  
at I-10 East – Sunland Park Exit  
El Paso, Texas

World wide people are finding that prayer brings healing to their lives. Marta Greenwood says, “Spiritual healing through prayer is finding an inner peace, the presence and power of God felt. Resting in that peace, your thoughts become purer and more spiritual, and as a result, your life becomes refreshed. Prayers save and bless.”



Raised in Iran and educated in England, Marta gives seminars to universities and medical facilities on the healing power of prayer. She has been an invited speaker at the United Nations de Conferences, Geneva, Switzerland. Frequently, she is interviewed on BBC Radio.

In her talk she explains how to tap into a wealth of spiritual resources, based on the teachings of Christ Jesus. She explains ways to conquer obstacles obstructing peace in your life, a fresh approach to safety, ways to see ourselves and the whole world in universal unity. Come hear how you can make a difference with effective prayers felt clear across the globe.

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2800 San Diego and 100 Fountain Avenue  
For more information please contact: Ruth Marshall - 526-6548

**12th Annual Black History Month Basketball Tournament**

**Stout Gym**  
**February 15-17**

\$150 per team for military (Fort Bliss only)  
\$200 per team for civilian & non-Fort Bliss teams

Rosters are limited to 12 players per team with one non-playing coach.

Entry deadline is Friday, February 8.

For additional information call 568-5995 or 568-5198.







endars in *The Monitor*, or visit [www.blissmwr.com](http://www.blissmwr.com).

Family advocacy

The Family Advocacy Program reinforces that everyone has a right to feel safe and takes a stand against domestic violence. Contact Yadira Velasco at 569-7749 or e-mail [Yadira.velasco@us.army.mil](mailto:Yadira.velasco@us.army.mil) to schedule your unit's mandatory annual domestic violence awareness training.

Veterans golf pass

Veterans can apply for membership to the George V. Underwood Golf Complex. All applicants must bring a copy of either a veteran ID card or a DD Form 214 to the Pro Shop. Membership fee for single veterans is \$85 per month and \$125 per month for veterans with families. Memberships are available for a one, three, six, nine or 12-month time period. Dues must be paid at time of application. For more information, call 562-7255.

O'Club memberships

Officers' Club membership is open to all officers, command sergeants major, civilian personnel GS-7 and NF-03 and above, and members of the El Paso, Hispanic and Black chambers of commerce. Club membership has many valuable benefits including monthly members-only cultural programs; an annual membership appreciation night; discounted lunch entrees, dinner and special event prices; special pricing at the Underwood Golf Complex, Auto Crafts, Fort Bliss Bowling; and so much more.

For a complete list of entitlements as members, call 568-4444 or stop by the O'Club, Bldg. 250.

Bowling specials

Blue Pin: The Fort Bliss Bowling Center will be offering a free game coupon for those patrons who throw a strike when the blue pin is in the head pin or (1) pin position. If a strike is earned, a free game coupon will be issued for use during a future visit to the bowling center. Free games can not be combined with other offers. For more information stop by Bldg. 2949 or call 568-6272.

Lunch special: Any authorized patron purchasing a lunch special at the Bowling Center will be able to bowl one free game during the same-day visit. The offer is good from 11 a.m. to 2 p.m. Tuesday through Friday. Patron must present receipt to front desk for free game coupon. Free games can't be combined with other offers. Call the Bowling Center at 568-6272 for more information.

Consumer complaints

Are you feeling wronged, or have you had an unpleasant experience with an area business? Do you have a complaint? Complain effectively, promptly and make it matter by contacting the ACS office. Contact Shalita Moore at 568-7088 or email [shalita.moore@us.army.mil](mailto:shalita.moore@us.army.mil).

Special Forces PT

Soldiers in the rank of staff sergeant and below are invited to participate in the Special Forces Physical Training Program. SFPT consists of runs, ruckmarches and upper-body conditioning. Learn about the physical requirements, commitment and challenge to be a Green Beret. There will also be classes on foot care, rucksack packing and land navigation. Anyone interested in SFPT must sign in by 6:30 a.m. Monday to Friday at the recruiting office, Bldg. 273, Club Road, near Cassidy Gate. For information, call 569-6432 or 569-6433.

Crimeline

The Fort Bliss Directorate of Emergency Services has implemented a telephone tip line for reporting criminal activity. This new tip line is called Crimeline and is intended as a means for individuals with information on criminal activity to provide that information to the authorities while remaining anonymous. The number is 744-COPS (2677).

Newcomers' orientation

This class covers all programs offered by Army Community Service as well as community resources. This is a mandatory class for all newly-assigned Soldiers, private through staff sergeant. Classes are from 8 a.m. to 4 p.m. Monday through Friday in the ACS ballroom. Child care is free for all children registered with CYS. For information, call 568-1132.

Spouse employment

The Greater El Paso Chamber of Commerce and Workforce Commission have developed an online database for military spouses who are on orders to PCS to Fort Bliss and for spouses currently stationed here seeking employment. This is a site from which businesses can recruit candidates and possibly create a position should the right person come along. Registration is open to all military spouses. Spouses and businesses can register online at [www.elpasojobregister.com](http://www.elpasojobregister.com).

Employment readiness

The Employment Readiness Program located at Army Community Service, Bldg. 2494, Ricker Road, was created to address the employment needs of today's military spouses by providing them the tools they need to successfully search for, obtain and maintain employment. Spouse employment orientation is at 10 a.m. Mondays and Wednesdays. Visit [www.blissmwr.com](http://www.blissmwr.com) and click on ACS employment to download an employment handbook with the answers to frequently asked questions. Ongoing workshops are available in RESUMIX/Ten Steps to a Federal Job, Writing a Winning Resume, Networking for Job Search and Career Success, Jumpstart Your Job Search, Job Interviewing Techniques, Career Exploration and Planning and How to Mobilize Your Home Business. For information, call 568-1132. Other useful sites are <http://workintexas.com>, [www.militaryspousejobsearch.org](http://www.militaryspousejobsearch.org) and [www.military.com/spouse](http://www.military.com/spouse).

Domestic violence awareness

If domestic violence is to end, each one of us in this community must form a partnership that focuses on creating a safe, violence-free environment. This partnership reinforces that everyone has a right to feel safe and takes a stand against domestic violence. Please contact Yadira Velasco at 569-5058 to schedule your unit's annual mandatory domestic violence awareness training.

PWOC

Protestant Women of the Chapel meets Wednesdays from 9:30 to 11:45 a.m. at Center Chapel 1. Participate in worship and Bible study with other women. Child care is provided, along with a home school room. For more information, call Jane Ahl at 564-3936 or Trudy Wyant at 433-5342.

Hometown news

Fort Bliss personnel looking for a convenient way to submit hometown news releases can now click on the link located at [www.bliss.army.mil](http://www.bliss.army.mil). Fill in pertinent information, select "submit" and then click "go." An option for attaching photos or supporting documents is also provided. Staff there will turn the information into a press release and submit it to the hometown media outlets identified through the Soldiers' family members' ZIP code. For information, call 568-2497 or e-mail [Donita.schexnaydre@us.army.mil](mailto:Donita.schexnaydre@us.army.mil).

NCO Wives' Club

The Noncommissioned Officer Wives' Club helps enhance the morale and welfare of the Fort Bliss and surrounding communities. The meetings are at 9:30 a.m. the first Tuesday of each month at Bldg. 2009, Sheridan Road. For information, call 851-2311 or 590-7202.

EFMP

The Exceptional Family Member Program is a program designed to provide assignment coordination and support for

military families. If you are interested in additional information, please contact the EFMP coordinator at 568-3052.

Red Cross volunteers

The ARC is actively recruiting volunteers. Those interested in volunteering must first attend a volunteer orientation, fill out the volunteer packet and complete the background check. Volunteer orientations are held from 10 to 11:30 a.m. Fridays at the Fort Bliss Red Cross, Bldg. 45, Slater Road, and at the El Paso Red

Cross, 3620 Admiral St., from 6 to 9 p.m. Thursdays. To register, call 568-4898 or 592-0208.

POV training

Training is required for all Soldiers under the age of 26. New Army personnel to post must take a three hour training class. Classes are given by the Installation Safety Office located in Bldg. 515-B, second floor, room 208. For more information and to register, contact Ernie Bautista at 568-7772

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Tune into “Sun City Soldier,” for your Fort Bliss news with local, national and international news about Soldiers, for Soldiers. The Weekly Round-up, hosted by Marco Naylor, informs Soldiers, their families, DoD Civilians and retirees of the services available to them on post.

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MNTN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	ZUI
0000	Recon	Pacific Report	Air Force Space Today	Inside Afghanistan	Ft Hood On Track	Eye On Nellis	Army Healthwatch	00
0016		VA News		Freedom Journal Iraq				00
0030	Hawaii Army Report	Recon	Eye On Nellis	Army Newswatch	AF News On Assignment	The American Veteran	Ft Hood On Track	00
0045								00
0100	VA News	Army Newswatch	Army Newswatch	Eye On Nellis	Navy/Marine Corps News	Army Newswatch	Sun City Soldier (Ft Bliss)	01
0116	Dateline Edwards							01
0130	Ft Hood On Track	Ft Hood On Track	Focus on the Force	Recon	Recon	Focus on the Force	Battleground	01
0145								01
0200	Freedom Journal Iraq (Mon-Wed)	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq (Mon-Wed)	02
0216		Inside Afghanistan	Inside Afghanistan	Inside Afghanistan	Inside Afghanistan	Inside Afghanistan		02
0230	Freedom Journal Iraq (Thu-Fri)	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Freedom Journal Iraq (Thu-Fri)	02
0245		AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report		02
0300	Battleground	In Step with Ft Riley	Ft Hood On Track	Navy/Marine Corps News	The American Veteran	In Step with Ft Riley	Eye On Nellis	03
0316								03
0330	ATS Reloaded	Around the Services	Around the Services	Around the Services	Around the Services	Around the Services	ATS Reloaded	03
0345								03
0400	Navy/Marine Corps News	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	Air Force Space Today	04
0416		AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News		04
0430	The American Veteran	Hawaii Army Report	Navy/Marine Corps News	Focus on the Force	ATS Reloaded	Focus on the Force	VA News	04
0445							Freedom Journal Iraq	04
0500	Korean Destinations	Army Newswatch	Air Force Space Today	In Step with Ft Riley	AF News On Assignment	Battleground	Around the Services (MON)	05
0516								05
0530	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Inside Afghanistan	Around the Services (TUE)	05
0545	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	VA News		05
0600	ATS Reloaded	Around the Services	Around the Services	Around the Services	Around the Services	Recon	Around the Services (WED)	06
0616								06
0630	In Step with Ft Riley	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News	Navy/Marine Corps News	Around the Services (THU)	06
0645		AFN Europe Report	AFN Europe Report	AFN Europe Report	AFN Europe Report			06
0700	Navy/Marine Corps News	Navy/Marine Corps News	Ft Hood On Track	Army Newswatch		Hawaii Army Report	Around the Services (FRI)	07
0716					Inside Afghanistan			07
0730	The American Veteran	AF News On Assignment	Army Newswatch	Focus on the Force	Korean Destinations	ATS Reloaded	ATS Reloaded	07
0745								07
0800	Focus on the Force	Freedom Journal Iraq	Navy/Marine Corps News	Freedom Journal Iraq	Pacific Report	Around the Services (MON)	Battleground	08
0816		AFN Korea Nightly News		AFN Korea Nightly News	AFN Korea Nightly News			08
0830	Pacific Report	In Step with Ft Riley	Hawaii Army Report	Air Force Space Today	Army Newswatch	Around the Services (TUE)	Freedom Journal Iraq	08
0845	Freedom Journal Iraq						VA News	08
0900	Army Newswatch	Recon	Focus on the Force		ATS Reloaded	Around the Services (WED)	Eye On Nellis	09
0916								09
0930	AF News On Assignment	Pacific Report	In Step with Ft Riley	Navy/Marine Corps News	Pacific Report	Around the Services (THU)	Air Force Space Today	09
0945		AFN Europe Report			Inside Afghanistan			09
1000	Eye On Nellis	Freedom Journal Iraq	Pacific Report	Freedom Journal Iraq	Recon	Around the Services (FRI)	Army Newswatch	10
1016		Inside Afghanistan	Freedom Journal Iraq	Inside Afghanistan				10
1030	Around the Services	Around the Services	Around the Services	Around the Services	Around the Services	AF News On Assignment	Inside Afghanistan	10
1045							Freedom Journal Iraq	10
1100	Inside Afghanistan	Focus on the Force	The American Veteran	Focus on the Force	Navy/Marine Corps News	1st Air Force Now	The American Veteran	11
1116	Freedom Journal Iraq							11
1130	AFN Europe Report	AFN Europe Report	AFN Europe Report	AFN Europe Report	AFN Europe Report	The American Veteran	Korean Destinations	11
1145	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News			11
1200	Pacific Report	Air Force Space Today	Inside Afghanistan	Ft Hood On Track	Eye On Nellis	Army Healthwatch	Recon	12
1216	VA News		Freedom Journal Iraq					12
1230	Recon	Eye On Nellis	Army Newswatch	AF News On Assignment	The American Veteran	Ft Hood On Track	Hawaii Army Report	12
1245								12
1300	Army Newswatch	Army Newswatch	Eye On Nellis	Navy/Marine Corps News	Army Newswatch	Sun City Soldier (Ft Bliss)	VA News	13
1316							Dateline Edwards	13
1330	Ft Hood On Track	Focus on the Force	Recon	Recon	Focus on the Force	Battleground	Ft Hood On Track	13
1345								13
1400	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq (Mon-Wed)	Freedom Journal Iraq (Mon-Wed)	14
1416	Inside Afghanistan	Inside Afghanistan	Inside Afghanistan	Inside Afghanistan	Inside Afghanistan			14
1430	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Freedom Journal Iraq (Thu-Fri)	Freedom Journal Iraq (Thu-Fri)	14
1445	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report			14
1600	In Step with Ft Riley	Ft Hood On Track	Navy/Marine Corps News	The American Veteran	In Step with Ft Riley	Eye On Nellis	Battleground	16
1616								16
1630	Around the Services	Around the Services	Around the Services	Around the Services	Around the Services	ATS Reloaded	ATS Reloaded	16
1645								16
1600	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	Air Force Space Today	Navy/Marine Corps News	16
1616	AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News	AFN Europe Report	AFN Korea Nightly News			16
1630	Hawaii Army Report	Navy/Marine Corps News	Focus on the Force	ATS Reloaded	Focus on the Force	VA News	The American Veteran	16
1645						Freedom Journal Iraq		16
1700	Korean Destinations	Army Newswatch	Air Force Space Today	In Step with Ft Riley	ATS Reloaded	Battleground	Around the Services (MON)	17
1716								17
1730	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Pacific Report	Inside Afghanistan	Around the Services (TUE)	17
1745	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	Freedom Journal Iraq	VA News		17
1800	Around the Services	Around the Services	Around the Services	Around the Services	Around the Services	Recon	Around the Services (WED)	18
1816								18
1830	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News	AFN Korea Nightly News	Navy/Marine Corps News	Around the Services (THU)	18
1845	AFN Europe Report	AFN Europe Report	AFN Europe Report	AFN Europe Report	AFN Europe Report			18
1900	Navy/Marine Corps News	Navy/Marine Corps News	Ft Hood On Track	Army Newswatch		Hawaii Army Report	Around the Services (FRI)	19
1916					Inside Afghanistan			19
1930	The American Veteran	AF News On Assignment	Army Newswatch	Focus on the Force	Korean Destinations	ATS Reloaded	ATS Reloaded	19
1945								19
2000	Focus on the Force	Freedom Journal Iraq	Navy/Marine Corps News	Freedom Journal Iraq	Pacific Report	Around the Services (MON)	Battleground	20
2016		AFN Korea Nightly News		AFN Korea Nightly News	AFN Korea Nightly News			20
2030	Pacific Report	In Step with Ft Riley	Hawaii Army Report	Air Force Space Today	Army Newswatch	Around the Services (TUE)	Freedom Journal Iraq	20
2045	Freedom Journal Iraq						VA News	20
2100	Army Newswatch	Recon	Focus on the Force		ATS Reloaded	Around the Services (WED)	Eye On Nellis	21
2116								21
2130	AF News On Assignment	Pacific Report	In Step with Ft Riley	Navy/Marine Corps News	Pacific Report	Around the Services (THU)	Air Force Space Today	21
2145		AFN Europe Report			Inside Afghanistan			21
2200	Eye On Nellis	Freedom Journal Iraq	Pacific Report	Freedom Journal Iraq	Recon	Around the Services (FRI)	Army Newswatch	22
2216		Inside Afghanistan	Freedom Journal Iraq	Inside Afghanistan				22
2230	Around the Services	Around the Services	Around the Services	Around the Services	Around the Services	AF News On Assignment	Inside Afghanistan	22
2245							Freedom Journal Iraq	22
2300	Inside Afghanistan	Focus on the Force	The American Veteran	Focus on the Force	Navy/Marine Corps News	1st Air Force Now	The American Veteran	23

NCUA

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# Go Youth

## SAT/ACT/PSAT prep

Child and Youth Services is offering classes to help prepare college-bound students. Classes will be offered Saturday, March 1, April 5, May 3 and June 7 from 11:30 a.m. to 1 p.m. at the Youth Plex, Bldg. 195 on Chaffee Road. A minimum of five students are needed to conduct the class. Students must pre-register through Central Registration, Bldg. 1743 on Victory Road, adjacent to the Fort Bliss Inn. There is a \$5 registration fee. For more information, call 568-1132 or e-mail [bliss.yess@conus.army.mil](mailto:bliss.yess@conus.army.mil).

## Ultimate football

Youth ages 11 to 18 are being sought to participate in a football game Feb. 9 at 7 p.m. The winning team will receive pizza. For more information and to sign up, call the Youth Plex at 568-5437.

## YouthPlex Amazing Race

Teams of two will work together to solve riddles during a competition and accomplish one task at the end of the race. The event is open for children ages 11 to

18 and is taking place Feb. 23 from 6 to 9 p.m. For more information and to sign up, call the Youth Plex at 568-5437.

## After school pickup

The Fort Bliss Middle School and Teen Center program offers to pick up children who are involved in tutoring and extra-curricular activities from Ross and Basset middle schools at 5:30 p.m. If you have an interest in this service, you will need to sign your child up at the center.

## Battle Cry

**Battle Cry** is held from 4 to 6 p.m. every Sunday at the Youth Center, Bldg. 195. This event is free to all students in middle school and high school.

**Battle Cry Home School** is held every Friday from 11:30 a.m. to 1 p.m. at the Youth Center, Bldg. 195. It is open for all home-school students on post. This month's Bible Study: "Developing a Christian Worldview."

**Battle Cry** "Girls only" Bible study is every Monday from 7 to 8 p.m. at Bldg. 440. Girls from seventh to 12th grade are invited to attend.

For more information, call 568-2157 or visit [www.BlissYouth.org](http://www.BlissYouth.org).

## Middle school, teen program

This after-school program includes youth sponsorship, tech lab, keystone, torch, sewing, photography, journalism, career launch, teen cuisine, and other character-enhancing and fun clubs for youth enrolled in middle and high school and is free of charge. The program offers pickup at 3 p.m. from Ross and Basset middle schools, and at 3:45 p.m. from Chapin and Austin high schools. Children must be registered for an after-school program. For information, call 569-5041.

## Library story time

Mickelsen Community Library hosts "Read Me a Story" every Tuesday morning at 10 a.m. for children ages 2 to 5 in the Children's Room of the library. The library also hosts "Family Story Time" for children ages 2 to 6 at 10:30 a.m. Saturday. Each session lasts 30 to 45 minutes, and parents or guardians must stay with their child throughout the duration. Each week features a new theme and

includes singing and crafts. Mickelsen Community Library is located in the basement of E-wing, Hinman Hall, Bldg. 2. For information, call 568-6156.

## Family discounts

Fee reductions for family members of deceased or severely disabled Soldiers who served in Operation Iraqi Freedom, Operation Enduring Freedom and other mission-related contingencies are available. A copy of enrollment in the Army Disabled Soldier Support System should be provided to CER, Bldg. 1743. Eligibility for Army Child and Youth

## Pre-K programs

Fort Bliss Child and Youth Services offers Pre-K programs at both the Main Child Development Center and the Logan CDC. The curriculum encompasses all the Texas Education Agency Pre-K guidelines, as well as specific objectives and benchmarks given by the Texas Essential Knowledge and Skills. Families with 4-year-old children already enrolled full-time at CYS can participate in this program without any additional cost.



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# Sports



PHOTOS BY DUSTIN PERRY



**Tim Bennett, 286th (Team A), leaps over Marvel McCaskill, A 1-43, for a shot during the second half.**

**(Left) Jason Ennis, A 1-43, blocks a shot by Chris Jones, 286th (Team A).**

## Team breakdown costs 286th first b-ball loss of season

**DUSTIN PERRY**

Editor

Considering his team's seven-point lead and the fact that their opponents had all but given up, one could excuse Luis Almodovar for shooting the ball like a second-rate Globetrotter in the closing seconds of Monday's basketball game.

After no less than two instances of inter-team fighting in the final nine minutes of play, the previously undefeated players of 286th Signal Company (Team A) lost any momentum they may have had and slowly devolved into a team void of any actual teamwork. Hence, the soon-to-be-victorious players of A Battery, 1st Battalion, 43rd Air Defense Artillery, saw no reason to overexert themselves or even play seriously.

The final score was 48-41, but spectators of the game could see it was over about midway through the second half, when 286th's Tim Bennett left the gym in a huff following an argument with a teammate. That sudden breakdown of the team's dynamic hindered them in a way from which they could not recover.

"Once they had that little dispute amongst themselves, we just took advantage of it," said Almodovar. "They had the momentum with them but that (dispute) took a lot of it away from them, so we just started to push the ball harder and forced them to commit a lot of turnovers."

Prior to that, it appeared 286th could have easily come away with the win. Although the first half ended with them leading by a mere three points, the fluidity of their offense and their relentless defense seemed to only get better as the game progressed. Chris Jones scored 12 points and Bennett scored eight.

The seven members of A 1-43 were not without their own standout players, either. Brandon Benefield put the first points of the game on the board with a three-pointer in the opening seconds and earned a total of 14 points in the first half. Almodovar, a short player who compensated with blazing speed, earned five of his 12 points in the first 20 minutes.

Near the 11-minute mark in the second half is when it happened. Bennett and the rest of his team were traveling down the court after a turn on defense when he and teammate Alexander Mistretta began shoving and shouting at each other. Their coach tried to break it up, but to no avail. Bennett grabbed his gear and exited the floor.

From there, the game more or less belonged to A 1-43. They scored 17 more points compared to only eight from 286th and eventually improved their record to 5-1, sliding them into first place in the 11th ADA league standings at press time.

"At the end, we just started getting lazy, making lazy passes and not playing like a team like we usually do," said Jones. "There was just a lot of crazy stuff going on. A lot of people started getting frustrated, and we started making bad decisions with the ball."

"It was a close game, and we're not used to close games," he added. "We just need to learn to settle down in tight situations."



**Marvel McCaskill, A Battery, 1st Battalion, 43rd Air Defense Artillery, takes a jump shot during Monday's game against 286th Signal Company (Team A) at Milam Gym.**

## Sports Briefs

### Basketball tournament

Stout Gym will offer the 12th annual Fort Bliss Black History Month Basketball Tournament Feb. 15 to 17 at Stout Gym. The tournament is open to men's military and civilian teams. Entry fee will be \$200 per team for civilian and non-Fort Bliss teams and \$150 per team for military Fort Bliss only. Roasters are limited to 12 players per team with one non-playing coach. Entry deadline is Friday. For more information, contact Joe Fedak at 568-5995 or Nate LaCour at 568-5198.

### Post racquetball championship

The Fort Bliss 2008 post racquetball championship will begin Tuesday at 6 p.m. at Stout Gym. Because it is a Commander's Cup event, participants must be active-duty military assigned to Fort Bliss. There will be no divisions but competition will consist of three age groups for men and women: 34 and under, 35-39 and 40 and over. Entries must be submitted to either a sports coordinator or Joe Fedak and the deadline is today. Brackets will be posted Monday by noon. For more information, contact Joe Fedak at 568-5995.

### Combatives tournament

MWR Sports is hosting a winter combatives tournament at 9 a.m. Thursday. Entries and liability form must be completed by weigh-ins, which take place at 6 a.m. Wednesday at Stout Gym. Competition is open to male and female active-duty military personnel. Medals will be awarded to the top four competitors in each weight class. Competitors compete in their respective weight class: 125 and under, 126-140, 141-155, 156-170, 171-180, 181-205 and 206 and over. For more information, contact Joe Fedak at 568-5995.

### Softball tryouts

The Fort Bliss men's post softball team will hold tryouts Monday until Feb. 16 at the Omar Bradley Softball Complex. Tryouts will take place at 6 p.m. Monday through Wednesday and Friday; Saturday try-outs will begin at 8:30 a.m. The men's post softball team will compete in weekend tournaments and, if qualified and funding is available, in Military Worlds. You must be active-duty military assigned to Fort Bliss to participate. For more information, contact James Boyd at 474-3885 or Joe Fedak at 568-5995.

### Sports officials needed

The Fort Bliss Officials Association is looking for individuals who are interested in becoming sports officials for various sports. Training is provided and games will be played Monday through Friday evenings at Fort Bliss sports facilities. For more information or to join the association, go to the Fort Bliss Bowling Center meeting room Fridays from 11:30 a.m. to 1 p.m. For more information, contact Bill Mallard at 751-2861 or Jim Crouch at 525-8195.

### Water aerobics

The Replica Aquatic Center is offering water aerobics classes Monday, Wednesday and Friday from 5 to 6 p.m. and Saturday from 8 to 9 a.m. Cost is \$3 per lesson or \$25 per month. For more information, call 568-7431.

### Free aerobics

Aerobics and spinning classes at Stout Gym are now free. Classes start at 6 a.m. through 8:30p.m. and include spinning, yoga, step, kick-boxing and more. For more information, call 568-3826 or, for a list of times and classes, visit [www.blissmwr.com](http://www.blissmwr.com).

### Tango Tower

Try your climbing skills on the 50-foot climbing walls, brave the Cargo Net or test your limits on the Bead Climb. Hours are 10 a.m. to 4:30 p.m. Saturday and noon to 4:30 p.m. Sunday. Climbing fee is \$10. Group rates are available. For more information, call 568-8087.

### Tennis lessons

Tennis lessons for adults are now available every Monday for beginners and Wednesday for intermediate from 5:30 - 6:30 p.m. at the Fort Bliss Tennis Club & Fitness Zone. Cost is \$8 per session or \$35 for 5 sessions. For more information, call 569-5448.

### Replica Pool

Replica Aquatic Center hours are: Monday through Friday from 6 a.m. to 7 p.m.; Saturday from 11 a.m. to 6 p.m.; and Sunday from noon to 5 p.m. Open swim is available daily from 1 p.m. until closing. The pool offers a variety of swim classes as well as private sessions. Patrons, including active duty, family members, DA civilians and NAF employees, may swim and participate in water aerobics for free. Guests are \$2 per person. For more information, call the Replica Aquatic Center at 568-7431.

### All you can bowl

The Fort Bliss Bowling Center offers All-You-Can-Bowl for \$6 per person, excluding shoe rental, every Sunday from 3 to 6 p.m. Call the Bowling Center at 568-6272 or stop by Bldg. 2949.



# Basketball motivates HHB, 1-43 ADA Soldiers

1ST LT. MICHAEL PANCO

1st Bn., 43rd ADA

Basketball is more than just a game for the Soldiers of Headquarters and Headquarters Battery, 1st Battalion, 43rd Air Defense Artillery – it is a tool used to accomplish goals that aid the unit in multiple ways.

It cannot be said rank does not exist on the court, but the team does play without the limitations of rank. Though he is the commander of the battery, Michael Hendricks is not the captain of the team. That title goes to Robert Dawson, who is considered to be the star player by many of his teammates.



1ST LT. MICHAEL PANCO  
Michael Hendricks of 1st Battalion, 43rd Air Defense Artillery, takes a jump shot before a game Jan. 29 at Milam Gym.

One of the biggest reasons for participating in the 11th ADA basketball league is to “show what our unit has to offer in the way of cohesion, athleticism and participation in post events,” said Coach James Green.

“It brings us together as a unit regardless of rank, and it builds cohesion and teamwork,” he said.

Cohesion seems to be the biggest factor among the players, with many agreeing that playing on the same team helps to build it.

The fact that the battery commander participates with his Soldiers in such an event helps to build the esprit de corps of the unit and demonstrates his commitment to his men and women, the players said.


Outside of teamwork or unit cohe-

sion, bragging rights seem to be quite the motivator for the players.

Every player interviewed said bragging rights were definitely one of the prizes available during the season.

Like others, Adrian Liptrot said, “It is competition, which is always fun.”

With four games down and two victories under its belt, the unit hopes to fight its way through the double elimination playoffs starting Monday and earn those much-coveted bragging rights.



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DICK POE DISCOUNT ..... \$1,375  
**SALE PRICE ..... \$19,995**

**\$219<sup>00</sup> mo**

\$219 FOR 72 MO. 7.25% APR. 20% DOWN+TT&L

### NEW 2008 TOYOTA COROLLA CE

AUTOMATIC TRANSMISSION

**\$169 PER MO.**



**WORLD'S MOST POPULAR CAR!**

STK# 344

\$169 FOR 48 MOS. PLUS ONE REFERENCEABLE PAYMENT OF \$7,146, OR RETURN TO US AND PAY \$275 DISPOSAL FEE 12K MILES PER YEAR, 18% DOWN, 8.10% A.P.R.

### 2007 JEEP® COMPASS

AUTOMATIC, CD STEREO, POWER EQUIPMENT

**\$16,995**



**500 Military Rebate**

MSRP ..... \$20,360  
DICK POE DISCOUNT ..... \$3,365  
**SALE PRICE \$16,995**

**\$235 mo**

72 MOS. @ \$235. 20% DN + TT&L. 7.5% APR

### 2008 DODGE RAM 1500 QUAD CAB SXT

AUTO, AIR, POWER WINDOWS & LOCKS, SATELLITE RADIO AND MORE



**\$21,595**

**\$277<sup>00</sup> mo**

\$277 FOR 72 MO. 7.25% APR. 25% DOWN+TT&L

**SALE PRICE ..... \$21,595**

### NEW 2008 TOYOTA TUNDRA CREW CAB LIMITED

4W DRIVE, AUTOMATIC TRANSMISSION 4.0 ENGINE

**0% FOR 36 MOS**



**\$7,500 SAVINGS OFF MSRP**

**2008 MOTOR TREND TRUCK OF THE YEAR**

MSRP ..... \$48,889  
TOYOTA REBATE ..... \$3,000  
DICK POE DISCOUNT ..... \$4,500  
**SALE PRICE ..... \$41,389**

04 CHRYSLER PT CRUISER <b>\$6,990</b> STK A4404A GOING FAST	99 FORD F-150 <b>\$6,990</b> STK A4323A ONLY 57,000 MILES	04 PONTIAC SUNFIRE <b>\$7,850</b> STK A4323A ONLY 28,000 MILES
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05 DODGE NEON SXT <b>\$7,850</b> STK A4323A HURRY FOR THIS ONE	05 FORD FOCUS <b>\$8,850</b> STK A4327 WON'T LAST LONG	04 MAZDA B2300 EXT CAB <b>\$8,940</b> STK A4404A A REAL DEAL
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06 DODGE STRATUS SXT <b>\$9,990</b> STK A4410 3 TO CHOOSE FROM	04 HONDA CIVIC <b>\$9,325</b> STK A4323A EXCEPTIONAL VALUE	06 CHEVY COBALT LS <b>\$9,490</b> STK A4404A A MUST SEE
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04 SATURN VUE AWD <b>\$9,998</b> STK 12700A FUN DRIVING SUV	04 DODGE RAM 1500 P/U <b>\$10,990</b> STK A4404A ONLY 26,000 MILES	05 GMC SAFARI <b>\$10,990</b> STK A4404A WON'T LAST LONG
--	---	---

06 PONTIAC VIBE <b>\$11,998</b> STK A4404A TEST DRIVE THIS ONE	04 TOYOTA CAMRY <b>\$12,990</b> STK 10040A HOT SELLING IMPORT	06 CHRYSLER SEBRING CONV. <b>\$12,998</b> STK A4323A SPORTY
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07 MERCURY GRAND MARQUIS <b>\$13,470</b> STK A4404A 3 TO CHOOSE FROM	04 FORD F-150 X-CAB <b>\$13,650</b> STK 10020A GREAT DRIVING TRUCK	07 MITSUBISHI GALANT <b>\$13,890</b> STK A4404A 2 TO CHOOSE FROM
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05 JEEP GRAND CHEROKEE <b>\$14,270</b> STK 11000A GREAT DEAL	06 SUZUKI GRAND VITARA <b>\$14,490</b> STK A4404A LUXURY, SUNROOF, LEATHER	06 DODGE RAM 1500 QC <b>\$14,680</b> STK A4404A NOT A MISTAKE
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06 HONDA ACCORD LX <b>\$14,970</b> STK A4404A STEAL THIS ONE	07 JEEP LIBERTY 4X4 <b>\$15,990</b> STK A4404A A REAL DEAL	06 TOYOTA RAV-4 <b>\$17,990</b> STK A4404A FUN TO DRIVE
---	---	--

05 NISSAN PATHFINDER <b>\$17,990</b> STK 10000A THIS IS THE ONE	06 FORD F-150 XLT CREW CAB <b>\$18,490</b> STK 10000A NICEST ONE AROUND	07 CHRYSLER 300C HEMI <b>\$24,990</b> STK A4404A A REAL DEAL
--	--	---

95 BMW 740iL <b>\$4,995</b> STK 10000A LOTS OF FLASH FOR LITTLE CASH	90 GMC SIERRA K1500 <b>\$4,995</b> STK 10000A PRICED TO SALE	98 CHEVY TAHOE 4WD <b>\$5,995</b> STK 10000A 4X4 FUN
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03 KIA SEDONA <b>\$6,995</b> STK 10000A LOW PAYMENTS	02 DODGE STRATUS SE <b>\$7,995</b> STK 10000A SUPER LOW MILES	03 FORD ESCORT ZX2 SE <b>\$7,995</b> STK 10000A SAVE GAS
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00 GMC YUKON 4WD <b>\$7,995</b> STK 10000A NOT A MISTAKE	00 FORD EXPEDITION <b>\$8,995</b> STK 10000A 7 PASS, DUAL AIR	03 FORD EXPLORER SPORT 2WD <b>\$8,995</b> STK 10000A LOW PAYMENTS
---	--	--

02 HYUNDAI SANTA FE LX <b>\$8,995</b> STK 10000A 4X4 FUN	02 MAZDA B3000 DS <b>\$8,995</b> STK 10000A SUPER NICE TRUCK	01 CHRYSLER TOWN & COUNTRY LIMITED <b>\$9,995</b> STK 10000A EXTRA NICE SAVE
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02 DODGE RAM 1500 <b>\$9,995</b> STK 10000A LOW PAYMENTS	04 FORD F-150 HRTG <b>\$9,995</b> STK 10000A TAKE ME HOME, LOW MILES	06 HYUNDAI ELANTRA <b>\$9,995</b> STK 10000A WHY BUY NEW
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03 MITSUBISHI OUTLANDER LS <b>\$9,995</b> STK 10000A TEST DRIVE THIS ONE	06 CHEVROLET COBALT LS <b>\$10,995</b> STK 10000A SAVE GAS	07 FORD FOCUS ZX4 <b>\$10,995</b> STK 10000A SUPER LOW MONTHLY PAYMENTS
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06 HYUNDAI ACCENT <b>\$10,995</b> STK 10000A NOT A MISTAKE	04 MAZDA MPV LX <b>\$10,995</b> STK 10000A TAKE ME HOME	07 CHEVY COBALT LS <b>\$11,995</b> STK 10000A TEST DRIVE THIS ONE
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06 KIA OPTIMA <b>\$11,995</b> STK 10000A V6 ENGINE	06 CHEVY COBALT LS <b>\$12,995</b> STK 10000A EXTRA NICE 2 DOOR COUPE	07 DODGE CALIBER SXT <b>\$13,995</b> STK 10000A EXTRA NICE
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07 CHRYSLER SEBRING <b>\$14,995</b> STK 10000A NEW BODY STYLE	07 CHRYSLER PT CRUISER TOURING <b>\$14,995</b> STK 10000A CONVERTIBLE FUN	08 DODGE AVENGER SE <b>\$15,995</b> STK 10000A JUST ONE LEFT
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04 HYUNDAI SONATA <b>\$8,995</b> STK 10000A LOW PAYMENT CAR	03 CHRYSLER SEBRING <b>\$9,995</b> STK 10000A 39,000 MILES ONLY	06 FORD TAURUS <b>\$9,995</b> STK 10000A HONEY OF A DEAL
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05 TOYOTA COROLLA <b>\$11,995</b> STK 10000A MILEAGE CAR	04 HONDA ACCORD <b>\$12,995</b> STK 10000A DRIVES GREAT	03 MAZDA MIATA <b>\$12,995</b> STK 10000A 46,000 MILES ONLY
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07 CHEVY MALIBU <b>\$12,995</b> STK 10000A LIKE NEW	06 MAZDA 3 <b>\$13,495</b> STK 10000A NEW CAR TRADE	07 NISSAN SENTRA <b>\$13,995</b> STK 10000A 2 IN STOCK
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07 TOYOTA COROLLA <b>\$14,995</b> STK 10000A 2 IN STOCK	06 NISSAN ALTIMA <b>\$15,995</b> STK 10000A EXCEPTIONAL VALUE	07 HONDA CIVIC <b>\$16,995</b> STK 10000A VERY ECONOMICAL
--	--	--

04 TOYOTA SOLARA <b>\$17,995</b> STK 10000A CONVERTIBLE	03 TOYOTA 4-RUNNER <b>\$17,995</b> STK 10000A PMT SPECIAL	07 ISUZU I-370 <b>\$17,995</b> STK 10000A 500 MILES ONLY
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04 FORD F-150 <b>\$17,995</b> STK 10000A FX4	07 MITSUBISHI ECLIPSE <b>\$17,995</b> STK 10000A FUN TO DRIVE	07 MERCURY MILAN <b>\$17,995</b> STK 10000A STEAL THIS ONE
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05 TOYOTA TUNDRA <b>\$18,995</b> STK 10000A D-CAB, 2 IN STOCK	07 CHEVY IMPALA <b>\$18,495</b> STK 10000A WHY BUY NEW	04 TOYOTA TUNDRA <b>\$18,995</b> STK 10000A LIMITED
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06 VOLKSWAGON NEW BEETLE <b>\$18,995</b> STK 10000A RED, TAN, LEATHER, CONV.	05 TOYOTA RAV-4 <b>\$18,995</b> STK 10000A ALL WHEEL DRIVE	03 INFINITI G35 <b>\$18,995</b> STK 10000A THIS IS THE ONE
---	---	---

07 SUBARU OUTBACK <b>\$18,995</b> STK 10000A ONE OWNER	07 TOYOTA SIENNA <b>\$20,995</b> STK 10000A 2 IN STOCK	06 FORD EXPEDITION <b>\$21,995</b> STK 10000A EQUIPPED RIGHT
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#1 MILES  
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CHOOSE FROM!**

ALL PRICES PLUS TAX AND LICENSE, ON APPROVED CREDIT. ALL VEHICLES SUBJECT TO PRIOR SALE. SALE PRICES GOOD DAY OF AD ONLY, AND ALL DISCOUNTS ARE FROM DICK POE, AND ALL REBATES AND INCENTIVES ARE FROM THE MANUFACTURERS. PHOTOS FOR ILLUSTRATION PURPOSES ONLY.





**TAKE A TEST DRIVE TODAY!**  
**OVER 300 VEHICLES TO CHOOSE FROM!**

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 ALL MILITARY**



## MAZDA 3

Am/Fm CD, 24 City MPG | 32 Hwy MPG  
 Buy For #M80118, #M80119

**\$218** /MO

MSRP \$15,410, pmt x 72 months @ 6.25% Apr, oac.  
 15% down + TT&L - #1022220



## MAZDA CX-7

Auto, A/C, Am/Fm CD, Cruise & More  
 Lease For #M80167

**\$299** /MO

MSRP \$24,385, 36 mos term, 10.5K Miles/Year, 15% + TT&L @ \$299  
 0.00224 Money Factor, 57% disposal fee. #1021851. OAC



**CALL US FOR  
 A RIDE,  
 WE'LL COME  
 AND PICK  
 YOU UP!**



## MAZDA TRIBUTE

Auto, Am/Fm CD & More  
 Buy For #M80020, #M80138

**\$258** /MO

MSRP \$20,860, pmt x 72 months @ 6.25% Apr, oac. Price includes -  
 \$2250 Rebate must qualify, 15% down + TT&L - #1022221



## MAZDA CX-9

Auto, A/C, Am/Fm CD, Cruise & More  
 Lease For #M80084

**\$371** /MO

MSRP \$30,035, 36 mos term, 10.5K Miles/Year, 15% down + TT&L @ \$371  
 0.00205 Money Factor, 57% disposal fee. #1021852. OAC



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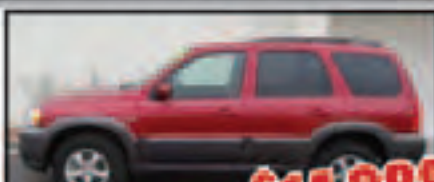
05 Dodge Neon #P1990 **\$7,988**

**2005 Chrysler Sebring**  
 Auto, A/C, Great Transportation, #P1995  
**\$7,998**



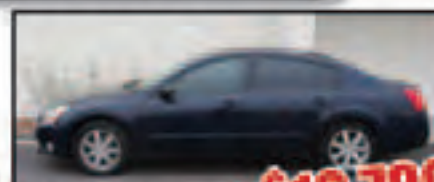
07 Hyundai Elantra #P1996 **\$12,498**

**2006 PT Cruiser**  
 White, Auto, A/C, Power & More, #P2004  
**\$9,998**



06 Mazda Tribute #P2010 **\$14,988**

**2006 Hyundai Tiburon GT**  
 Low Miles, Leather, Sun Roof & More #P2005  
**\$13,998**



05 Nissan Maxima #P1994 **\$16,799**

**2007 Nissan Altima**  
 Auto, A/C, Power Windows/Locks #P1993  
**\$17,988**



05 Chevy Trailblazer #P1997 **\$15,988**



07 Dodge Charger #P1992 **\$15,998**



07 Jeep Commander #P2000 **\$17,988**



07 Dodge Caravan #P1998 **\$14,988**

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